

BEAMAN PARK NATURE CENTER



Spring 2022 Program Schedule

Bursting into bloom

The coming of spring brings new life to the 2300+ acres of Beaman Park. Spring ephemeral wildflowers are bursting into bloom along Henry Creek as the sun's warmth hits the forest floor. Birds are singing and insects are humming once again. And of course, we humans are also excited to get out and enjoy the milder weather and sunnier days.

Join us for a plethora of programs this March, April, and May. We are excited for the return of our annual wildflower week in mid-April. From night hikes to yoga to a picnic at Proctor Barn, we have something for everyone this spring!

Registration is required for most programs; register by calling or emailing the Nature Center.

However you celebrate spring, please do so safely. We will be following Metro Parks' Guidelines to keep our staff, volunteers, and you healthy.

Beaman Park Nature Center is located at

5911 Old Hickory Boulevard
Ashland City, Tennessee 37015
615-862-8580

beamanpark@nashville.gov
beamanpark.nashville.gov

The Nature Center is open
Tuesday through Friday from
noon-4 p.m. and 9 a.m.-4 p.m.
on Saturdays.

Beaman Park is open dawn to
dusk every day.

Follow us on Facebook
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March

Climate Change in Nashville: Why It's Important and What We All Can Do About It

Tuesday, March 1
6:30 p.m.
Age level: Adults, 13+

Greg Wathen is a longtime resident of Nashville and a retired wildlife biologist, having worked for TWRA for 33 years. He is also an active member of [Tennessee Interfaith Power and Light](#), which responds to climate change through upholding the sacredness of all life, protecting vulnerable communities, and caring for the Earth. Greg will present information on his observations of climate change in the Nashville area; how it is impacting fish, wildlife, and humans; and some practical ideas of how we can address climate change from both individual and community perspectives. Presenter: Greg Wathen, co-sponsored by Tennessee Interfaith Power & Light

Beautify Beaman & 2022 Weed Wrangle

Saturday, March 5
10 a.m.-noon
Age level: All ages

You can help beautify the Park—through picking up trash, cleaning Nature Center windows or removing invasive plants. Projects are available throughout the Park, and groups are welcome.
Leaders: NC Staff and Volunteers

Creekside Cleanup

Thursday, March 10
9:30-11:30 a.m.
Age level: All ages

We will be doing light trail work and general cleanup along Henry Creek. We will probably see some wildflowers too! Bring clothes/shoes that you can get wet and meet at the Creekside Trailhead.
Leader: NC Staff

Recurring: Yoga on the Deck

5 Spring Saturdays: March 12 & 26,
April 30, May 14 & 28
9:30-10:45 a.m.
Age level: Adult, 13+
Call/email to register
\$12 cash/check/venmo



Enjoy your downward facing dog outside in the beautiful serenity of Beaman Park with yoga instructor Robin Haynes. Rain or shine, you'll enjoy your workout on our lovely covered deck. Please bring your own yoga mat to enjoy gentle yoga that is appropriate for all experience levels. This invigorating program will be offered 5 times this spring.
Instructor: Robin Haynes

Free programs for all ages during Metro Spring Break March 15-19

Early Spring Scavenger Hunt

Wednesday,
March 16
Available all day!
Age level: All ages

Pick up your scavenger hunt at the Nature Center or grab it from our Facebook page to begin your adventure! Prizes will be awarded for completed hunts, which will allow you to explore the Park in early spring.
Leader: NC Staff

Wildflower Hike for Beginners

Thursday, March 17
10-11:30 a.m.
Age level: All ages

Are you interested in learning about spring wildflowers but don't know where to start? This program is for you! All ages and experience levels welcome. This will be an easy 1-mile hike starting from the Creekside Trailhead.
Leader: Kevin Sykes

Meet the Strumstick

Friday, March 18
1-3 p.m.
Age level: All ages

The Strumstick, also called the stick dulcimer, is a musical instrument that is easy to learn and fun to play! Attendees will learn about dulcimers and even get a chance to play one. We will meet on the back deck. Leader: Kevin Sykes

Full Moon Hike

Friday, March 18
6:30-8:30 p.m.
Age level: All ages

Beaman Park is beautiful at night. Let the moonlight be your guide during this easy 2-mile hike.
Leaders: NC Staff & Volunteers

Registration is required for most programs.

Register by calling 615-862-8580 or emailing beamanpark@nashville.gov.

Welcome Waterthrush	Saturday, March 19 9-11 a.m. Age level: Adults, 13+	Beaman Park is a great place to glimpse Louisiana Waterthrushes as they set up their territories along Henry Creek in early spring. Actually a species of warbler, the waterthrushes are among our earliest spring migrants. We'll take a hike along the creek to look for them, and we may also be able to see other early avian arrivals. Leader: Barbara Harris, Tennessee Ornithological Society
Tree Bud Walk	Thursday, March 24 1-3 p.m. Age level: Adults, 13+	Tree buds are bursting in spring with new leaves and flowers. If you attended the tree ID hike in January, this is the perfect complement. Leader: NC Staff
The WHOLE Laurel Woods Trail Hike	Saturday, March 26 9 a.m.-3:30 p.m. Age level: Adults, 16+	Set your sights on Metro Parks' newest and longest trail. Avid hiker Bill Bailey will demonstrate hiking techniques as well as how to pack for a short trail or a VERY long hike. **Participants will be screened to hike this 12+ mile trail** Leaders: Bill Bailey of Cumberland Transit, Jon Dodson of Outdoor Nashville, & NC Staff

April

Beautify Beaman	Saturday, April 2 10 a.m.-noon Age level: All ages	<i>You</i> can help beautify the Park—through picking up trash, cleaning Nature Center windows or removing invasive plants. Projects are available throughout the Park, and groups are welcome. Leaders: NC Staff and Volunteers
Forest Bathing	Saturday April 2 1-2:30 p.m. Age level: Adults, 13+ Fee: \$12	Slow down and unwind while enjoying the peaceful beauty of Beaman Park on a Forest Bathing walk. We'll explore easy and open-ended ways to engage the senses, connect with the natural world, and experience the present moment. Forest Bathing or <i>Shinrin-Yoku</i> is a worldwide practice that reduces stress, promotes well-being, and deepens connections with the natural world. Learn more at https://www.natureandforesttherapy.earth/ Presenter: ANFT Certified Guide Elizabeth Sanford
Invading Our Forest	Thursday, April 7 9:30-11 a.m. Age level: All ages	The Beaman woods are in danger of being overtaken by invasive plants as well as other threats. Learn about the Emerald Ash Borer and more during this walk and talk. Leader: NC Staff
Awaken, Insects!	Saturday, April 23 1-2 p.m. Age level: All ages	As spring's wildflowers wake, so do the insect pollinators. Grab your smartphone to document Beaman's bugs. Leaders: Christie Wiser of Shelby Bottoms NC & NC Staff



 www.facebook.com/bellsbendpark/

  @bellsbendpark

10th Annual Nashville Outdoor Recreation Festival & Expo at Bells Bend Park

Saturday, April 9th, 2022, from 9 a.m.-3:30 p.m.
4187 Old Hickory Blvd. Nashville, TN 37218

Visit our sister park and spend the day at Bells Bend Outdoor Center at the 10th Annual Nashville Outdoor Recreation Festival & Expo. See the latest and greatest equipment, ask questions from the pros, or try out a new activity all at one event! For more information, call (615) 862-4187 or visit bboc.nashville.gov/.



WILDFLOWER WEEK AT BEAMAN PARK

April 12-16, 2022



We are so excited to bring back our annual wildflower week! Check out a full slate of hikes and guest-led programs, all of which highlight the beautiful spring ephemeral wildflowers of Beaman Park. Note the age requirements for specific programs. Please call/email to register for all wildflower week programs unless noted otherwise, as space is limited. Remember that removal of wildflowers is strictly prohibited. Please keep Beaman Park beautiful for all to enjoy!

Kids' Wildflower Hour	Tuesday, April 12 10-11:30 a.m. Age level: All ages	Join us for a moderate hike geared toward our younger explorers. We will focus on respecting nature and noticing and identifying wildflowers that grow along the trail. We will end our walk with a craft on the back porch! Leader: Krista Allen, Bells Bend Outdoor Center
Wildflower Creek Ramble	Wednesday, April 13 4-5:30 p.m. Age level: Adults, 13+	Naturalist Kim Bailey leads this evening hike that goes more in-depth into our spring ephemeral wildflowers. We will also use the iNaturalist app to document our observations. Leader: Kim Bailey, Volunteer Naturalist
"What Moss Is That Wildflower Growing On?" with Paul Moore	Thursday, April 14 10 a.m.-noon Age level: Adults, 13+	Take a leisurely walk to discover the mosses that grow in association with spring wildflowers. Mosses are often overlooked in the landscape but they play an important role in nature and are beautiful in their own right. Leader: J. Paul Moore, the "Moss Man"
Become A Scientist with iNaturalist!	Friday, April 15 Drop in anytime between noon & 4 p.m. Age level: All ages Registration not required	Learn how to use the iNaturalist app to observe and document the plants and animals you see in the park. https://www.inaturalist.org/ Leaders: NC Staff
Painting on the Porch: Wildflowers	Friday, April 15 4:30-6:30 p.m. Age level: Adults, 21+ \$15/person	Let your creativity flow with inspiration from Beaman wildflowers. Take a short walk to photograph wildflowers; then, use your photos as a muse to paint. Leader: Christie Wiser, Shelby Bottoms Nature Center
Morning Wildflower Walk	Saturday, April 16 9:30-11 a.m. Age level: All Ages	Can you help us spot wildflowers along Henry Creek this morning? All ages and experience levels welcome. This will be an easy 1-mile walk starting from the Creekside Trailhead. Leader: Kevin Sykes
Wild Edible Foods	Saturday, April 16 11 a.m.-1 p.m. Age level: All ages Registration not required	Wild edible expert Sharen Bracy will have samples of some delicious wild edible foods and teach how to prepare them. Presenter: Sharen Bracy, Volunteer
Wildflower Hike	Saturday, April 16 1-3 p.m. Age level: Adults, 13+	Walk in the woods with a naturalist to look for and learn about our spring ephemeral wildflowers. Leader: Cheryl Medley, Volunteer



Self-Guided Wildflower ID – Can't make a program? All week, we will have Wildflower Identification Guide Sheets available in the map box outside of the Nature Center for you to take with you as you explore the park on your own. Stop by anytime!

Registration is required for most programs.
Register by calling 615-862-8580 or emailing beamanpark@nashville.gov.

City Nature Challenge

April 29-30, 2022

Beaman Park celebrates wildlife diversity every day. Help us inventory our animals, plants and fungi using the iNaturalist app during the City Nature Challenge. In 2021, over 1600 species were identified by over 300 participants in Nashville. For more information, check out <https://www.inaturalist.org/>. You can also come by the Nature Center on Friday, April 15. We'll help you get started! Please call or email us to sign up for the following programs since space is limited.

Late Spring Wildflowers	Friday, April 29 1-3 p.m. Age level: 10 and up	Help us identify and inventory wildflower species and enter your observations into the iNaturalist app. Meet at the Creekside Trailhead. Leader: Kevin Sykes
Amphibians of Henry Creek	Saturday, April 30 10-11:30 a.m. Age level: All ages	Zoologist David Withers will walk Henry Creek looking for salamanders. Be sure to bring your smartphone in a Ziploc because we will probably get wet. Leaders: David Withers, TN Natural Heritage Program, & NC Staff

May

Beautify Beaman	Saturday, May 7 10 a.m.-noon Age level: All ages	<i>You</i> can help beautify the Park—through picking up trash, cleaning Nature Center windows or removing invasive plants. Projects are available throughout the Park, and groups are welcome. Leaders: NC Staff and Volunteers
Colors of Spring	Tuesday, May 10 10-11 a.m. Age level: All ages	Bring the little ones and search for colors in nature. Leader: NC Staff
Heather's Heath Hike	Friday, May 13 12:30-4 p.m. Age level: Adults, 13+	Hike the 7.5 mile Laurel Woods Trail searching for Mountain Laurel (the trail's namesake) and other members of the Heath family of plants. Leader: Heather Gallagher & Jon Dodson of Outdoor Nashville
Know Your Trees	Saturday, May 14 11 a.m.-noon Age level: All ages	Want to learn about some of the common trees in our area? We will start with the basics and set you up for tree identification success! Leader: Kevin Sykes

Picnic at Proctor Barn

Saturday, May 21
Noon-2 p.m.
Age level: All ages

Bring a picnic lunch and join us at Beaman's historic Proctor Barn for an afternoon of fun. We will have picnic tables and lawn games available for your enjoyment, and we will be offering barn tours as well.

Leader: Kevin Sykes



Henry Hollow Hike	Thursday, May 26 1-3 p.m. Age level: All ages	Hike the Henry Hollow Loop with a naturalist to see the flora and fauna of Beaman Park. Leader: NC Staff
Naturalists Draw What We See	Saturday, May 28 10-11 a.m. Age level: All ages	Enjoy a short hike around the Nature Center and then journal about your observations. Leader: NC Staff

Registration is required for most programs.

Register by calling 615-862-8580 or emailing beamanpark@nashville.gov.

From the Director...

Even before there was a Nature Center, there was Beaman Park.

And I hiked these trails, creeks and ridges with the old guard. We'd take a van from Warner Park and meet at the lot on Little Marrowbone. Everyone had to wear creek shoes because there really wasn't a "trail". Deb Beazley led the group of 15 or less marveling at wildflowers ONLY seen at Beaman; dwarf-crested iris being my personal favorite.

Years later, I'm still celebrating spring at Beaman, and I encourage you to do the same. Join a public program or hike the trail on your own. Listen to the birds returning from southern grounds. Watch the tree buds open with new leaves and flowers. Smell the wet woods waking up.

We'll see you soon.

Heather



A note from Kevin...

Spring is an exciting time at Beaman Park. In addition to all of the incredible wildflowers along the creek and elsewhere in the Park, we get to watch the flowering redbud and dogwood trees put on a show. I love that these trees are just biding their time, unassumingly scattered throughout the forest. Then seemingly overnight, they unveil their beautiful colors for a few weeks before blending right back into their surroundings. This is their time to shine. Yes, spring sometimes brings sneezes and sniffles and storms. But it also brings back the colors and leaves and the new life that we love. We look forward to seeing you this season.

SAVE THE DATES

Remember these special or ongoing programs this spring!

Yoga on the Deck:

- Saturday, March 12 and 26
- Saturday, April 30
- Saturday, May 14 and 28

Beautify Beaman volunteer days:

- Saturday, March 5
- Saturday, April 2
- Saturday, May 7

MNPS Spring Break Programs: March 15-19

Wildflower Week: April 12-16

Want to get involved? Email us at beamanpark@nashville.gov.